

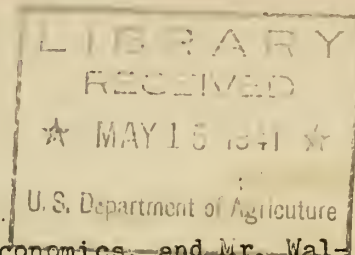
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### Springtime Jams and Jellies

A broadcast by Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, April 29, 1941, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the NBC Blue Network.

--ooOoo--

WALLACE KADDERLY:

Here we are in Washington. And here we are around to Tuesday again -- homemakers' time in our reports from the Department of Agriculture. And again Ruth Van Deman is our reporter-in-chief on matters home economical -- up-to-date and practical.

RUTH VAN DEMAN:

It sounds as though you had a little touch of the poetical?

KADDERLY:

No, that would be impossible ---

VAN DEMAN:

Maybe just unpredictable. And speaking of such, how many States do you think we've heard from since our broadcast last Tuesday on canned tomatoes?

KADDERLY:

A two-thirds majority, maybe ----- somewhere between 35 and 40?

VAN DEMAN:

No, you're wrong. Anywhere from a dozen to many hundred homemakers in every one of the 48 States have written asking for the timetables and the directions for canning fruits, vegetables, meats.

KADDERLY:

Looks as though your prediction about this being a big canning year is already on the way to coming true.

VAN DEMAN:

That remains to be seen. I was especially interested in the queries from home canners in Colorado and other mountain States. They wanted to know how much difference in processing time to allow for the altitude.

KADDERLY:

That's right, up where the air is light, water boils away at a great rate. But it doesn't get as hot as it does down here near sea level.

VAN DEMAN:

No, not by several degrees. So if you're canning food you just have to process it longer to be sure you're destroying the spoilage bacteria.

For instance, if you're processing fruit or tomatoes in a boiling-water bath, you need to lengthen the time 20 percent for each thousand feet of altitude above the first thousand.

(over)

KADDERLY:

That sounds a little complicated.

VAN DEMAN:

It isn't really. Let's see how it works on canning tomatoes in Denver say -- altitude 5,280.

KADDERLY:

The mile-high city.

VAN DEMAN:

So you've read that sign on the Colorado State Capitol too ... Well, our canning timetable says process hot-packed tomatoes 5 minutes in a boiling-water bath at sea level.

KADDERLY:

I get it. You'd add 20 percent of 5 minutes, that's 1 minute, for each thousand above the first thousand.

VAN DEMAN:

Right.

KADDERLY:

That would be 5 minutes plus 4 minutes ... 9 minutes in all. Wouldn't it be safer to round it off at 10?

VAN DEMAN:

Very likely. Anyway that's the way the principle works on adjusting a timetable to suit altitude.

KADDERLY:

Even with a steam pressure outfit, you have to make some adjustments in time for altitude, as I remember it.

VAN DEMAN:

Anything above 2,000 feet, yes.

Wallace, at the rate you're starting this spring, we'll make a home canner of you yet.

KADDERLY:

Make a home canner of me! Don't think I haven't had practical experience -- lots of it. And I know plenty of men who take a hand when there's a big canning operation going on in the kitchen. It almost takes a man to do some of the heavy lifting.

VAN DEMAN:

Yes, canning down to a science now. But it still takes plenty of hard work to apply the science.

On the lighter side of preserving food from the garden, some of our Farm and Home friends are asking too about jam and jelly.



One friend from up in the northern tier of States says it will be a long time before tomatoes ripen in her garden. It's still too cold even to set out tomato plants. But she's planning to double the row this year, she says, so she'll be sure to have plenty to carry her through next winter.

But the rhubarb is shooting up at a great rate, she says. And the strawberries came through the winter in fine shape. She asks whether there's a way to make jam from rhubarb and strawberries combined. I think she has in mind something rich and red, luscious to spread -- on the breakfast toast.

KADDERLY:

"Something rich and red, luscious to spread" --- now who's getting a touch of the poetical?

VAN DEMAN:

Only doggerel, but when you talk about making jam and jelly from springtime fruits, it's hard to keep the tongue from tripping a little. And they're something of a challenge too to anybody who tries to capture their gorgeous colors and their fresh tart flavors, and sugar them down, so to speak, and seal them in tight jars for next winter.

KADDERLY:

But surely, Ruth, I've heard you say that science has simplified and perfected jam and jelly making. Like canning it's a battle with bacteria, and yeasts, and molds, and enzymes. ----

VAN DEMAN:

That's very true. But making jams and jellies in the home kitchen still has some of the elements of an art. And there's still room for imagination in it.

Take this combination of rhubarb and strawberries. That's just one of a dozen blends of a very tart fruit with a milder one that can stand a little stepping up.

KADDERLY:

Is this a 50-50 combination of strawberries and rhubarb?

VAN DEMAN:

Now to answer that I'll have to take a look at the recipe here in the jam and jelly bulletin.

KADDERLY:

That's wise. Never make the head carry figures that the printed page can tell more accurately.

VAN DEMAN:

Here it is. For each pound of strawberries use a pound of rhubarb.

KADDERLY:

You weigh the fruit, then ----

VAN DEMAN:

Yes, that's much more accurate than measuring a bulky thing like fruit. And to get a perfect product you need to have just the right proportion of sugar to fruit.

For this strawberry-rhubarb jam it's 1-1/2 to 2 pounds of sugar to each 2 pounds of the prepared fruit.

KADDERLY:

That's sugar and fruit pound for pound, for those who want a very sweet jam.

VAN DEMAN:

Which you sound as though you did not.

KADDERLY:

No, I think I'd like the 1-1/2 pounds of sugar to 2 pounds of fruit.

VAN DEMAN:

I'm with you on that. But the method of mixing and cooking is just the same with either quantity of sugar. Cover the rhubarb -- and, by the way, the rhubarb is sliced up in inch pieces, with the skin still on. -- Cover the rhubarb with part of the sugar and let it stand for an hour or two to draw out the juice. --- Meantime crush the strawberries and mix with the rest of the sugar. Then combine strawberries and rhubarb.

Next heat the fruit slowly until the sugar dissolves, and stir it so it won't stick to the kettle. Let it boil fast and furiously for 15 or 20 minutes until the jam cooks down so it's somewhat thick. Then pour it into hot sterilized jars and seal.

KADDERLY:

Isn't there going to be a sample to taste?

VAN DEMAN:

That's something you'll have to settle in person -- with the jam maker.

KADDERLY:

May I take this bulletin home to the jam maker then?

VAN DEMAN:

You may. On another page you'll find directions for rhubarb conserve -- and three different ways of making strawberry preserves -- not to mention strawberry jelly.

KADDERLY:

Strawberry jelly? I thought strawberry juice wouldn't jell.

VAN DEMAN:

Add some pectin extract and it will. There's even a way of extracting the pectin from apples or citrus fruit peel -- all told there. This bulletin is our answer to how to combine science and art in making jams, jellies and preserves in home size quantities.

And, Wallace, before I lift myself out of this chair to make way for our news broadcaster, I'd like to read a letter that came to me the other day from a farm home in the Middle West.

KADDERLY:

Certainly, Ruth, Go right ahead.

VAN DEMAN:

"We're all well," this letter reads. "Getting along fine. Plenty of rain and some corn planted and peas coming up in the garden. The apple tree is beginning to bloom. We have asparagus to eat. Have forty little chickens almost feathered out. Sell eggs enough to get the groceries. Make plenty of nice yellow butter since we got the new Jersey. Have more pigs on this farm than we ever had."

KADDERLY:

Thanks a lot, Ruth, for sharing that picture with us. It certainly does have a stabilizing effect in contrast to so much we hear of struggle and strife in other parts of the world.

And now Farm and Home friends, as Ruth Van Deman is changing places with our next broadcaster of information, I'd like to remind you that this bulletin we've talked about, "Home-made Jellies, Jams, and Preserves," is still on the free list. It's a companion to the one on home canning we spoke about earlier. The two make a very useful combination for anyone who's planning to do much canning or preserving this summer. You can get either one or both by sending a card to the Bureau of Home Economics, U. S. Department of Agriculture, here in Washington, D. C. Your address and the few words "Home Canning," "Home-made Jellies and Jams" will bring you these two bulletins from the Bureau of Home Economics.

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